

# rossis

*Live life well*

## GROUP EXERCISE

COMMENCES MONDAY 14th OCTOBER 2019

### Monday

09.15 - 10.00	♥ Spinning
09.30 - 10.25	♥ H Legs, Bums & Tums
10.35 - 11.30	☺ Fitness Pilates
11.45 - 12.40	☺ Fitness Pilates
18.00 - 18.55	H Body Pump
19.00 - 19.55	♥ H Body Combat
20.00 - 20.55	☺ Fitness Yoga

### Tuesday

08.45 - 09.30	♥ H Aquafit
09.15 - 10.00	♥ Spinning
09.20 - 10.05	♥ Total Cardio
10.15 - 11.10	H Body Pump
11.20 - 12.15	☺ Fitness Yoga
11.40 - 12.25	♥ H Aquafit
18.00 - 18.55	☺ Fitness Pilates
19.05 - 19.50	H Body Pump
20.00 - 20.45	♥ Spinning
20.05 - 20.50	♥ H Aquafit

### Wednesday

09.15 - 10.00	♥ Spinning
09.30 - 10.25	♥ H Step & Sculpt
10.35 - 11.30	☺ Fitness Pilates
18.00 - 18.55	H Body Pump
19.05 - 20.00	☺ Fitness Yoga

### Thursday

08.45 - 09.30	♥ H Aquafit
09.15 - 10.00	H Body Pump
10.10 - 11.05	☺ Fitness Yoga
10.15 - 11.00	♥ H Aquafit
11.30 - 12.15	♥ H Aquafit
18.00 - 18.45	☺ Barre Fitness
18.00 - 18.45	♥ Spinning
18.50 - 19.35	♥ H Body Combat
19.00 - 19.45	♥ Spinning

### Friday

08.00 - 08.45	♥ Spinning
09.15 - 10.00	☺ Barre Fitness
09.15 - 10.00	♥ Spinning
10.15 - 11.10	☺ Fitness Pilates
11.25 - 12.20	☺ Fitness Pilates / Meditation
17.30 - 18.15	H Body Pump
18.30 - 19.15	♥ Spinning

### Saturday

09.00 - 09.55	H Body Pump
10.05 - 11.00	♥ H Body Combat
11.10 - 12.05	☺ Fitness Yoga

Every class on our timetable is suitable for all levels of fitness, from beginner right through to advanced.  
Express classes are a high intensity shorter class designed to give your system a kickstart.



Mind & Body



Cardio



Strength

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### FITNESS PILATES

Standing and mat work based class with a focus on posture, flexibility and alignment. Self-paced with plenty of options, strengthens the core and combines functional fitness variations with traditional Pilates moves.



### FITNESS PILATES WITH MEDITATION

One half Pilates, the other half Meditation. A fusion of our much-loved Fitness Pilates classes with a relaxing and re-energising Meditation element. This class will not only strengthen the core and improve your posture but is the ultimate stress buster leaving you feeling chilled and ready to tackle whatever life throws at you.



### AQUAFIT

Total body cardio and conditioning, low impact workout in the pool. This fun class uses water bells, woggles and simple choreography suitable for everybody. Non-swimmers welcome.



### FITNESS YOGA

Improve your flexibility, core strength and mental wellbeing in this functional mind body class with a back drop of relaxing music. Leave the class feeling calm, stretched and blissed out.



### BODY COMBAT

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.



### BODY PUMP

A weights class for absolutely everyone! Light to moderate weights with high repetitions, BODYPUMP gives you a total body workout burning big calories.



### TOTAL CARDIO

This high energy mixed impact class is equipment free and easy to follow. Fun, traditional aerobic moves with a dynamic, modern approach for a good time feel that delivers results!



### LEGS, BUMS & TUMS

An exciting mixture of cardio and sculpting exercises aiming to re-shape those problem areas whilst working through routines in a lively, inspirational and motivational group.



### SPINNING

The original and most popular group cycling class, burning on average 500 calories per ride. Suitable for all fitness levels, no complicated movements to learn and music that begs your legs to pedal.



### STEP & SCULPT

This freestyle step class is a mixed impact workout with plenty of options. High energy simple combinations on and around the step, combined with toning exercises using body weight and light dumbbells to provide a full body workout.



### BARRE FITNESS

A beautiful Ballet inspired workout that combines ballet moves with functional fitness and yoga. This elegant dance style class strengthens and tones the whole body with a big focus on glutes, core and legs. "Dance like everyone's watching!"



### BEGINNERS SQUASH

Fancy getting on court for this high energy sport but have no idea where to start? This is the session for you!

Learn from our resident squash coach alongside like minded people in a relaxed atmosphere to gain confidence and skills. Normal class fees apply.



### BEGINNERS RACKETBALL

Come and try the UK's fastest growing sport! Similar to squash, with a larger ball and shorter racket, racketball is said to be "easy to pick up but difficult to master".

The larger ball moves more slowly than a squash ball, giving you more time to react and hit the ball. Great for developing hand-eye coordination and fitness. Normal class fees apply.



### FITNESS SPECIAL

Please see the 'Class Special' board in Reception. This session has no fixed class attached to it leaving the opportunity to rotate the sessions we offer. It may be a Les Mills Technique session, it may be Beginners Spinning or Meditation or we may try something new!

Keep your eyes peeled as we will be regularly offering something different for these sessions.



Mind & Body



Cardio



Strength

Class Prices | Members £4.70 Non Members £6.70  
1 Class FREE with your loyalty card, collect yours from reception  
(All fees payable on booking where applicable).

Please collect your exercise pass from reception and hand in to the instructor at the start of the class.

Latecomers will be unable to participate if the class has commenced.

If you have a medical condition or you're an expectant mother please consult your doctor before taking part.

Please inform your instructor at the start of class if you wish to leave early. Classes and instructors are subject to change. Please ensure you wear suitable clothing and footwear to classes. Non marking soled shoes must be worn for beginners squash and racketball.

BOOKING ELIGIBILITY | Members two weeks in advance, Non members one week in advance.